

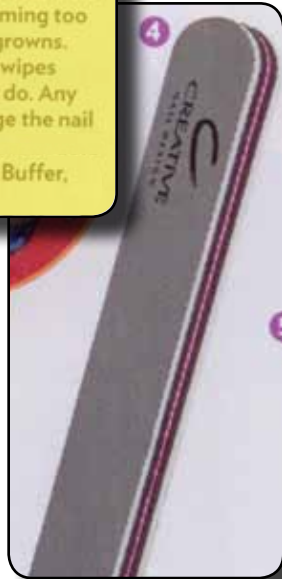
## GIRLFRIEND™ BUFFER



As seen in People August 2, 2010

**STEP 3 FILE & BUFF**  
Gently tackle rough skin and calluses with a foot file and always file toe nails, never cut, says Cazorla, who cautions that trimming too low can lead to ingrowns. If you buff, three swipes across the nail will do. Any more could damage the nail bed.

4. CND Girlfriend Buffer, \$7.50; cnd.com



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# Beauty Watch

## PEDI PERFECT

Follow these steps for smooth feet and shiny, beautiful nails

**STEP 1 SOAK IT UP**  
The "ultimate" at-home pedicure starts with a good foot soak and scrub, says Katie Cazorla, owner of the Painted Nail in L.A., where Hudgens got her mani/pedi (left). After soaking for 10 minutes, massage a scrub on legs and feet to remove dead skin. 1. BARIELLE 60 Second Mani-Pedi, \$25; dnmystore.com

**STEP 2 TREAT FEET**  
Indulge in a foot mask for at least five minutes. It will "penetrate into the skin," leaving it hydrated and smooth, says Cazorla. 2. OPI Royal Verbase Mask, \$12.95; Ulta store

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**STEP 4 MOISTURIZE**  
Keep your feet soft and gait intact with rich cream and cuticle oil. Cazorla suggests reapplying a top coat every two days, followed by a dab of oil on and around the nail bed. This will keep your cuticles pretty and gait looking in and new. Cazorla says. 5. O'JAY Island Balm Ultimate Strength Foot Cream, \$5; ojaybeauty.com 6. BOOTS ORIGINAL BEAUTY FORMULA Cuticle Oil, \$7.99; target.com

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